

## **CDC: Tips from Former Smokers – Tiffany PSA (:60)**

I'm Tiffany. I have some tips for you on how to quit smoking, like I did. First, I did some reading about it. I found a lot of great advice on how to quit smoking and picked out the ways I thought would work best for me. I started by setting a quit date. Then I threw out my ashtrays, lighters, and matches. I did other things, too, like exercising more. And it worked. But I'd still get cravings. Especially on long car rides. To help me with that, I put a picture of my mother in my car. She died of lung cancer from smoking cigarettes when I was only 16. Now, I have a 16-year-old daughter. That picture of my mother reminds me that I don't want to miss all the things my daughter is going to do in her life, including turning 17.

[Announcer] You can quit. For free help, call 1-800-QUIT-NOW. A message from the US Department of Health and Human Services and CDC.